травень 2006
May 2006

ПРОМІНЬ
Promin

СОЮЗ УКРАЇНОК КАНАДИ

ПРОМІНЬ
РІК XXXXVI ТРАВЕНЬ Ч.5
видає
СОЮЗ УКРАЇНОК КАНАДИ

Виходить раз у місяць
Головний Редактор - Орися Сушко
Редактор - Оксана Сушко
Редакційна Колегія
Зеновія Саковська
Соня Бейзик
Галя Липка
Референтки Променя
Галя Щерблюк
Іванна Дженис
Річна передплата в Канаді - $25.00
Передплата до інших країн -US$30.00
Одне число - $3.00 (Включає 'GST')
Редакція застерігає собі право скорочувати та поправляти надіслані матеріяли

PROMIN
Box 57268
Jackson Station
Hamilton, Ontario, Canada
L8P 4X1
Fax: 905-524-5362
e-mail -promin@sympatico.ca

PROMIN
published monthly by
UKRAINIAN WOMEN'S
ASSOCIATION OF CANADA
VOL XXXXVI MAY No.5

Editor-in-Chief - Orysia Sushko
Telephone 905-572-9626
Editor - Oksana Sushko
Editorial Committee:
Zenovia Sakowsky
Sonja Bejzyk
Halia Lypka
Promin Conveners -
Helen Scherbluk
Joanna Dzenik
Administrator - Oksana Sushko
Telephone 905-572-9626
Subscription in Canada - $25.00
Other Countries - US $30.00
Single copy - $3.00
(GST is included)
The editors reserve the right to edit submitted materials
Publication Mail Registration No. 09580
International Standard Serial number
ISSN 038021-40
Agreement No. 40011733

Формат - Оксана Сушко
Layout - Oksana Sushko

Зміст
Contents

2 Привітання .... Greetings
3 День Матері .... Mother's Day
6 Із Світу .... Around the World
8 Поезія .... Poetry
10 Нашим Найменшим .... For our Children
13 Громадська Хроніка .... Community Events
27 Квіти Незабутнім .... In Memoriam
30 Куховарські приписи .... Recipes

We acknowledge the financial support of the Government of Canada, through the Publications Assistance Program (PAP) toward our mailing costs, PAP Registration No. 09580
(logo from http:/www.canadianheritage.gc.ca/logos)
Canada

На обкладинці -
МАТИ - Мал.
Алли Горської
і О. Заливахи

back cover
"Specimen Embroideries of the Peasant Home Industry in the Bucovina"

Союзу Українок Канади
Ukrainian Women's Association of Canada
National Office
11024-82 Avenue
Edmonton, Alberta, Canada T6G 0T2
Telephone: 780-467-2578 Fax: 780-467-1412
bosakows@telusplanet.net

Редакційна Editorial

Слава Ісусу Христу!

В циклі українських традицій травень - це місяць безмежної радощі. Вся природа пробуджується до нового життя після зимового сну. В цей час оживлення святкуємо радісне і важливе свято, День Матері.

В цьому 80-му ювілейному році Союзу Українок Канади, звернімо особливу увагу на наших матерів, які поруч із великими труднощами щоденного життя зуміли виховати своїх діток в українському дусі, передаючи їм скарб української духовості - свою віру, свою мову і свої традиції. Ці самі матері зрозуміли, що об'єднання силами більше зможуть зробити для своєї родини, своєї церкви і свого народу і тому Вони з посвятою і з вірою в краще майбутнє дали почин Союзеві Українок Канади.

В скарбах українського народу є чудова писемна творчість, включаючи із різними оповіданнями, піснями, віршами про маму.

Тарас Шевченко, оборонець української жінки/матері ось так писав:

У нашім раї на землі
Нічого кращого немає,
Як тая мати молодая
З своїм дитяточком малим.
Буває іноді дивлюся,
Дивуючись дивом і печаль
Охватить душу: стане жаль
Мені її, і заржурюсья
І перед нею помолюся,
Мов перед образом святим
Тієї Матері Святої
Що в мир нам Бога принесла.

Середечно вітаю всіх матерів та бажаю Многії Літа!

Орися Сушко

In May, we can finally rest assured that winter is behind us for another year (at least in most parts of the country!). We become reacquainted with the vibrant, colourful life which lived only in our memories for so many cold months. Spring is rebirth, the peak of nature's cycle -- God's creation revisited. Spring is also the season in which we celebrate our Lord's most incredible creation: Mothers -- bearers of life, foundations of love, the warm voice and gentle hand of comfort, eyes that know and understand without a word. All given in abundance and without expectation or price, a bottomless well of love.

During this 20th anniversary year of the Chornobyl nuclear disaster, we have all read or heard more accounts of the uncertain futures of many people in Ukraine and in other countries affected by the lingering radiation. What I find the most difficult to bear are the accounts of mothers who are too ill to care for their children, and who do not know if they will live long enough to see their children grow up. As we know, many parents cannot afford to provide their children with proper medical treatment for diseases which continue to manifest even now, years after the explosion. A mother's heart wrenches at the thought of her child suffering from pain or the fear of an unknown future. I can't imagine how excruciating it must be for these mothers, whose love for their children is reflected in the intense anxiety they express in the face of their child's suffering.

As we remember and honour our own mothers on this Mother's Day, let us also hold in our hearts the mothers of the children of Chornobyl, who need our prayers of hope so much.

Oksana

Ювілей
80-ліття
Союзу Українок Канади

У 2006 році, виповнюється 80 років з того часу, як в Канаді був заснований Союз Українок Канади - перша українська жіноча організація в Канаді.

Свою історію українське православне жіноцтво творило серед невигод, при обмежених матеріяльних засобах в родині і в громаді. Була це доба будови церков, виховних інститутів, народних домів та інших громадських будівель. Але велика віра у доцільність своєї організації, свята любов до рідної справи допомагали долати всі труднощі і перешкоди.

Союз Українок вивів українську жінку з сірих одноманітних буднів і безлюддя за пороги хати, вказав їй стежку до громади, відкрив перед нею двері у новий світ, привів до нового цікавого життя.

На першому З'їзді були прийняті напрямні: 1) поміч українському народові на його рідних землях в боротьбі за свободу і державну незалежність. Був прийнятий Статут, вироблена нагрудна відзнака - Смолоскип.

Пройшовши шлях довжиною у 80 років - наша організація існує, працює, має свій власний журнал, 45-річчя якого відзначалося у 2005 році. Союзу Українок Канади є складовою організацією Союзу Українців Самостійників. На ініціятиву Союзу Українок Канади було створено Комітет Українок Канади, до складу якого входять три католицькі жіночі організації і наша. Тепер Союз Українок Канади також є рівноправним членом Світової Федерації Українських Жіночих Організацій.

З нагоди Ювілею 80-ліття існування Союзу Українок Канади вітаємо всіх членок і бажаємо доброго здоров'я та охоти до праці, щоб високо нести запалений нашими засновницями Смолоскип.

За Управу,

- Зеновія Саковська, Голова
- Люба Федущак, заст. Голови

Мама!

Мама!
Яка гармонія в звуках слова, мама!
Милозвучна і мягкість звуків обвиваються довкола серця і остають там навіки.
Це перша любов.
Мама!

В матірному обличчі є щось такого взнеслого, щось спорідненого з самими небесами! Той ангельський усміх над колискою дитини, той легкий дотик коло слабого та надлюдська витревалість в журбі та в терпінню, те геройське пожертвовання для дитини надають їй якоїсь надземної святости!

Природа призначила матері взнесле місце. Наші дитячі рученята перше до неї постяглися, перше ми її зрозуміли, перше її полюбили. В протязі життя ми безупинно простягаємо руки до мами, як до святости. Серед найгіршого оточення, серед найбільше бурхливих хвиль при мамі знаходимо тихий рай.

Любов матері - це найбільша святітсть! Камінець кинутий в озеро творить мільйони малих хвиль по цілім озері. Так само вплив матірної любови охоплює нашу душу і стає наче відгуком до кінця життя.

Мама!

Це ангел хоронитель дому. Її любов і прив'язання до дітей, її дружба з мужем несвідомо ставить її в осередку домашнього життя, довкола якого кружляють всі стремління та спомини родинні! Дім - це матір . . . Без матері нема дому!

Матірна любов жевріє в кожній її думці, в кожнім ділі . . . Її любов ніколи не завмирає, ніколи не вгасає . . . Навіть коли матір спочине вічним сном, та любов дальше пробивається в душу родини та нераз стає стимулом до кращого ідейного життя в мужа чи в дітей.

Нема нікого в світі, щоб заступив місце рідної мами. Шануймо її!

Савеля Стечишин

"Слово Мама, найбільшеє, найкращеє"

- Тарас Шевченко

Заповіт Матері

Олесь Бердник

Мамо, найдорожча земна Жінко!
Ти котра стала стежкою для мого духу з світу незримного у світі земних мандрів.
Ти, котра віддала свою любов, кров, плоть і найкращі роки життя, щоб виростити з безпомічного дитяти мислячку істоту, здатну до творчості й боротьби.
Ти, котра принизила себе, щоб возвеличити Сина,
Ти, котра перебрела море сліз і муки, щоб утримати розіп'ятого Сина над поверхнею океану смерті, -
Найглибша любов серця - Тобі! - ось мій Заповіт.
Ти оберігаєш земного тіла і тремтиш за життя своєї дитини - це прекрасно!
Але ТА МАТИ, відображенням якої Ти є, ласкаво говорить:
Витри сльози! Велика радість судженя для всіх, хто пройшов Світи Голгофи! Всі Матері і всі Сини зійдуться незабаром на Свято Любові.
Жодна сльозина Твоя не пропаде безслідно, а виростить чарівні Квіти Казки! Благо Тобі!
Мамо! Що нам ці темні стежки земного життя? Світоносне Безмежжя - наша стежина!
Ось мій Заповіт - вір мені!
І коли Тобі скажуть, що Сина немає - не вір! Я стою поруч і усміхаюся з любов'ю. Ось мій Заповіт!
Прийдуть нові покоління і запалять нові вогні. І Темрява не втримається під зливою полумн'яного.
І в тих вогнях будуть наші серця, Мамо!
Ось мій Заповіт!

Завжди неділя була

З України

Мамо! Ваші діти як птиці
В далеч забреніли крильми.
Мамо! В рідні стіни світлиці,
Скоро знов посходимось ми.

Скільки себе пам'ятаю,
Завжди світили мені
Вікна в задумі розмаю
І рушники на стіні.

В тихій світлиці врочистій,
Серцем читало дитя
Добре Шевченкові очі
І золоте вишиття.

Вічна дитяча спокуса,
Двері прочинеш, а там,
Білим недільним обрусом
Сяє світлиця свята.

Скільки себе пам'ятаю,
Білим обрусом цвіла,
В нашій світлиці ясною
Завжди неділя була.

Сину, затям собі, сину,
Де б ти у світі не був,
Кожен світлицю покинув,
Але ніхто не забув!

Most Holy Mother of God, save us!

In honour of Mother's Day, following is a selection of questions often asked about the Most Holy Mother of our Lord and Saviour Jesus Christ.

Compiled by Father Demetrios Serfes Boise, Idaho. Based upon the Missionary Handbook Series, "On Questions of the Orthodox Christian Faith Disputed by Sectarians", by Father Deacon J. Smolin, serialized in Orthodox Life, Holy Trinity Monastery, Jordanville, N.Y.

Question: Why do you pray to the Mother of God?

Answer: Since Jesus Christ died on the Cross and rose from the dead, conquering death for us, there is no reason why we cannot ask those in heaven to pray for us just as we ask those still living on earth for their prayers. After all, in Christ all are alive. Therefore we ask the Ever-Virgin Mary to pray to her Son for us, just as we also ask the angels, the saints, and all the faithful believers here on earth to pray on our behalf, as Scripture commands us to do: "I exhort therefore, that, first of all, supplications, and giving of thanks, be made for all men... I will therefore, that men pray everywhere" (I Timothy 2:1,8).

We turn readily to our friends and neighbors to ask for their prayers in our time of need; are not those in heaven even more our friends than those on earth? Why should they not intercede for us also before the throne of God?

Question: Why do Orthodox Christians call the Virgin Mary "Mother of God"? This term seems to imply that God is not the the creator and origin of all things.

Answer: We call the Holy Virgin Mary the Mother of God (from the Greek, Theotokos: literally, the "Birth-giver of God") because it is Scriptural: the righteous Elizabeth addressed the Virgin with these words: "And whence is this to me, that the Mother of my Lord should come to me" (St. Luke 1:43). Who is this "Lord" of which Elizabeth speaks? It is Christ, the Lord God. For this reason we say, correctly, that the Virgin Mary is the Mother of God. She is not the Mother of God the Father, but the Mother of God the Son, who was begotten by the Father before all ages, and took flesh from the Virgin Mary.

Question: Why do Orthodox Christians give so much honour to the Mother of God?

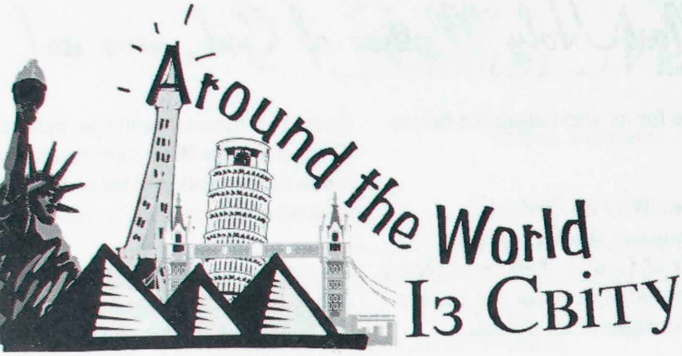
Answer: We honor her because Jesus Christ Himself honored her on several occasions recorded in Scripture. He fulfilled her requests and also gave her special thought even while He was dying on the cross (St. Luke 2:51; St. John 2:3-9; St. John 19: 26-27). Even before Christ was born, she was honored by heaven when the Archangel Gabriel appeared and said to her: "Hail, thou that art highly favored, the Lord is with thee: blessed art thou among women" (St. Luke 1:28).

Holy Scripture further proclaims of her that "henceforth all generations shall call me blessed" (St. Luke 1:48), because from her womb came froth God in the flesh. This means that all who believe in Christ and in the Bible must give special honor and veneration to the one that is "blessed among women."

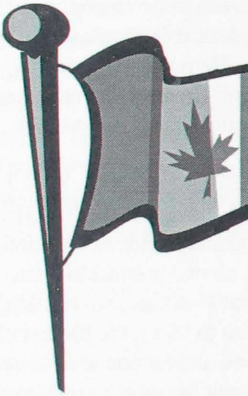
It is not enough to merely give attention to her at Christmas-time, when she appears in the manger scenes of western Christian churches. No, this "highly favored one" must occupy a very special place in the hearts of those that follow her Son, just as she did among the first Christians.

Question: Yet in your church services I have heard Orthodox Christians call on the Mother of God to "save" them. How can she "save" anyone, since Christ is the only Savior?

Answer: We believe that there is only one Lord God and Savior of mankind, Jesus Christ, no one is equal to Him, and no one but Him can save mankind. We do not turn to Mary, the Mother of Christ our God and Savior, and we certainly do not put her on the same level as her son, but we turn to her as to one who helps us by her prayers, just as St. Paul himself said that he had become all things to all men, "that I might by all means and in any way save them" (I Corinthians 9:22). St. Paul was not claiming to usurp Christ as the Savior; he merely wanted to help and strengthen others on the path to salvation. It is in this sense that we Orthodox Christians say, "Most Holy Mother of God, save us" -that is, "Please help us toward salvation by your prayers."



Канікули в Едмонтоні



Оленка Корнух

Що може бути краще далекої подорожі до країни, яку ще ніколи не бачив?

Я народилася у Львові, все життя прожила в Одесі, на березі Чорного моря, а тепер вже третій рік проживаю в Києві. Навчаюсь на третьому курсі Інституту Міжнародних Відносин Київського національного університету ім. Тараса Шевченка, факультету міжнародні економічні відносини, і на другому курсі Національної академії образотворчого мистецтва і архітектури України, факлультету теорія і історія мистецвознавства. Для мене було дуже цікаво подивитись, як живуть і працюють люди на іншому континенті, розібратись в політичій системі Канади і розкрити секрет стабільного, розміреного життя і, може, тим самим принести користь своїй державі, яка на мій погляд, переживає зараз політичну кризу.

Перші мої враження перебування на Канадській землі розпочалися в Торонто, коли, стомлена довгим перельотом, я вийшла з літака. Нова країна, незнайомі люди, і всі мені посміхаються, питають як справи. Дуже багато людей різних національностей, але всі вони радісні і доброзичливі. Це було дійсно приємно, вся втома і неспокій швидко розсіювалася. Ще декілька годин - і мене зустрічали друзі в Едмонтоні. Так і почався мій незабутній місяць в іншому континенті

На мій погляд, все тут було іншим: будинки, магазини, транспорт, архітектура, перехожі на вулицях і спосіб спілкування. Багато часу я провела на вулицях і площах в центрі Едмонтоні і поза ним, моїм здувуванням і враженням не було кінця. Все ж перший тиждень скучала за домом, переслідувало відчуття, що все це відбувається не зі мною, хотілося назад, на Україну. Було трохи важко адаптуватись до клімату і середовища. Але незадовго я вже могла самостійно їздити автобусом, ходити по магазинах, розмовляти з перехожими і продавцями - вивчення мови в університеті допомагало. Сходила в Бібліотеку, місцевий Театр і Філармонію. Не знайшла звичайної для наших залів позолоти і витонченої архітектури. В ті дні відзначалося свято сім'ї, всі зали були навстіж відкриті для відвідувачів а вхід - вільний. Архітектура зовсім молода, але все так продумано і зручно! І не тільки Едмонтон вразив мене. За дуже короткий час я побачила Атабаску, Калґарі, Банф, Редіум, Касло, Нелсон і так можна ще довго продовжувати.

Кожне містечко різне, але всі вони такі чепурні і привітні. Велетенські гори, поруч з якими почуваєшся маленькою комашкою, казкове містечко в горах, яке все світилось маленькими вогниками, і немов запрошувало кожного погостювати, кілька сотень кілометрів серпантинної дороги - і ми вже були біля озера. А навколо - гори .... Всі ці краєвиди зачаровують і ти забуваєш про всі проблеми і справи, які залишились на Україні, а живеш наповненою життям природою, яка мене вражає своєю красотою і недоторканістю. Метою нашої подорожі були гарячі джерела, які знаходились 70 км від Нелсона, на березі озера, яке оточували гори. Це було щось неземне, я наче побувала у райському куточку землі. Весь час перебування у Канаді я постійно бачила щось

нове, і для мене це був наче сон, і що саме цікаве - я не хотіла прокидатись, бо я була по-справжньому щасливою і раділа всьому, немов дитина.

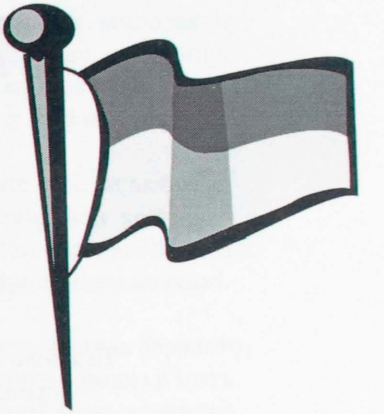
Спочатку я була дуже здивована підходом канадців до життя, я не побачила величезних огрож, які повністю закривають будинки, люди живуть відкрито. Для канадців, на мій погляд, не важливо, як ти вдягнутий, якою мовою ти спілкуєся і якого кольору у тебе шкіра. Для цього народу найважливішою цінністю є душа людини. І так дійсно має бути в житті. Може я і помиляюсь, але в мене склалось саме таке враження.

Приорітетами для кожної дорослої людини мають бути діти, сім′я і батьки. Таку любов і тендітне відношення до найголовнішого, на мою думку, у житті я побачила на Family Day в Едмонтоні. Очі сяяли від щастя і задоволення як у дорослих, так і у дітей, вони раділи кожній хвилині, проведеній разом.

За час перебування в Канаді в моїй душі щось змінилося. Моє серце було переповнене щастям і радістю, які подарували мені оточуючі люди. В мене змінились погляди на життя і я переосмислила майже всі свої цінності.

Це дивно, що один місяць на іншому континенті й у зовсім іншому оточенні змінили мене. І я дуже вдячна долі, що вона звела мене з чудовою родиною, яка мене запросила до Канади і з людиною, яка змінила моє життя, наповнивши його любовю і незабутніми враженнями.

Подала:
Наталя Ґриців
Едмонтон, Альберта



ТРИ МАТУСІ

Леонід Полтава

Є у кножної дитини,
Навіть сиротини,
Наша Мати солов'їна -
Рідна Україна.

Є у кожної дитини
Матінка єдина,
Та, що любить нас і дбає,
Розуму навчає.

І у кожному серденьку
Є і буде жити
Божа Мати - Наша Ненька,
Мати всього світу.

ВІСТКА

К. Перелісна

Летить бджілка: "Жу-жу-жу!
Я тобі щось розкажу! -

Біля нашої повітки
Вже розквітли первоцвітки,

Трохи далі біля балки,
Розцвіли уже й фіялки.

В лісі ж проліски блакитні,
Мов килимчики тендітні,

Простяглися між кущами.
Сон-травиця голівками,

Наче дзвонами, хитає . . .

Чуєш? Чуєш, що кажу? -
Вже весна прийшла! Жу-жу!"

Поезія Poetry

Жінка - сила народу

Мамі присвячую

Під світлом сонця є земля.
На землі все росте і розвивається.
Символом продовження життя є жінка.
Без жінки не було б життя.
Та жінка не тільки продовжує життя - вона береже його.
Береже фізичне життя і духовні вартості в родині.
А родина є частиною народу, нації української, по всьому світу розкиданої.
В родині, в народі, в нації нашій світовій тепер, жінка є вірна.
Вірна законам збереження життя й духовности свого народу.
Ще коли розп'яли Господа нашого Ісуса Христа,
І Учні Його розбіглись, зневірені, в розпуці,
Жінки перші пішли до Гробниці й сповістили про Воскресіння світові.
Жінки України, вірні своїм мужам і синам, ішли разом з ними на Голгофу.
Ішли на всі шляхи страждань - в Сибір і табори неволі.
Ішли під торми і вистоювали днями й ночами з любови до своїх мужів і синів.
Жінки українські несли на чужину всі скарби своєї духовости.
І зберігали її, передаючи наступним поколінням.
Бо лише з духовністю живе народ, має своє обличчя між народами світу,
Не тратиться в чужому морі народів різних.
Українська жінка бастіоном сили своєї духовности зберігає Україну.
Хто б пам'ятав про свята, пости й традиції, хто б молився до Бога в Україні?
Хто б зберігав усі звичаї свого народу, якби не було жінок?
Закриті церкви в Україні .... Нема священиків ....
Та в кожній хаті українській на Великдень, на Різдво, на Водохреща є Свято у родині.
На всі Свята українські в Україні й на чужині в родині є Свято.
Паски і писанки, кутя й колядки, свячена вода, яблука і квіти, зелене клечання.
Це все жінки дарують своїй родині і народові і просять Благословення Бога.
На життя, на щастя й долю для своїх дітей і народу на землі під сонцем.

Віра Смерека
Англія, Брадфорд

Доле моя

Доле моя - мамо Україно,
Безберегих крил тугий політ,
Найніжніша лискітко, пір'їнко
В найгрізніших вивертах орбіт.

Найрідніша матінко, слов'янко, -
Він - твій стогін, він - твій сонцепад.
Дум його багряну лихоманку
Ти плекаєш в непогасний сад.

Ти ж йому - озера свої вмиті,
Ти ж йому - від міста до села
В степовій сопрановій блакиті
Бас гудків у славу доплела.

Ти прийшла до нього не самітня -
Висонцена, збратана, жива, -
І гроза шевченківська всесвітня
Твої вічні груди осява.

Іван Драч, Україна

A mother is the truest friend we have,
when trials, heavy and sudden, fall
upon us;
when adversity takes the place
of prosperity;
when friends who rejoice with us
in our sunshine,
desert us when troubles thicken
around us,
still will she cling to us,
and endeavour by her kind precepts
and counsels
to dissipate the clouds of darkness,
and cause peace to return to
our hearts.

Washington Irving (1783 - 1859)

Матінка

Матінко, моя мила,
Рідна ненько, дорога,
Безліч труду доложила,
Вихователька моя.

Мову рідну, милозвучну,
І молитву, душі силу,
Ти вплела мені довічно
Щоб з любов'ю мерехтіла.

Якже тебе не любити, -
Спомини є вартісні.
Серцем чистим благовіти,
Наче сонцем на весні.

Плине подяка барвисто
Рясною хвилею в мить.
Матері День урочисто,
Шаною всіх веселить.

Оля Гореглядь, Ошава, Онтаріо

My Mother

My mother shows me how to love others,
even when they have hurt me.
She shows me how to respect myself,
and to never lose sight of my own dignity.
She shows me how to nurture my faith,
in times of joy and in times of trial.
She shows me bravery and courage of a kind
I never thought I had in me.
She shows me how to laugh,
and not take myself too seriously.
She shows me the importance of our family.
She shows me how to live boldly.
She shows me that I will always be her child,
and that's just fine with me.
If I can be even a small fraction of the incredible
woman she is, I will be something.

Oksana Sushko

For Our Children
Нашим Дітям

ВЕЛИЧАЄМ ТЕБЕ, МАМО

Уляна Кравченко

Величаєм тебе мамо,
В ту святочну днину,
За твій труд і за старання
Пильні без упину.

Величаєм за ту працю,
Яку мама дала,
Нім дитина від колиски
На ніженьки стала.

Величаєм за цей догляд,
Пильний, невсипущий,
Щоб собі що не накоїв,
Син непосидющий.

Величаєм за ті скорбні
Недоспані ночі,
Як недуга заглянула
Дитиноньці в очі.

Величаємо за опіку,
У житті заранні,
І за те перед Тобою
Клонимось в пошані.

КАЗОЧКА ВІД МАМИ

Роман Завадович

Як настане вечір,
Тихо і злегенька,
Українську казку
Каже мені ненька:
Я тоді до неньки
Тілом всім тулюся -
Бо цікаво слухати
І боюся . . .

Ось князівна-краля
У неволі в змія,
Лицар побиває
Змія-чародія;
Згорблена бабуся -
Ох, цікаво слухати
І боюся . . .

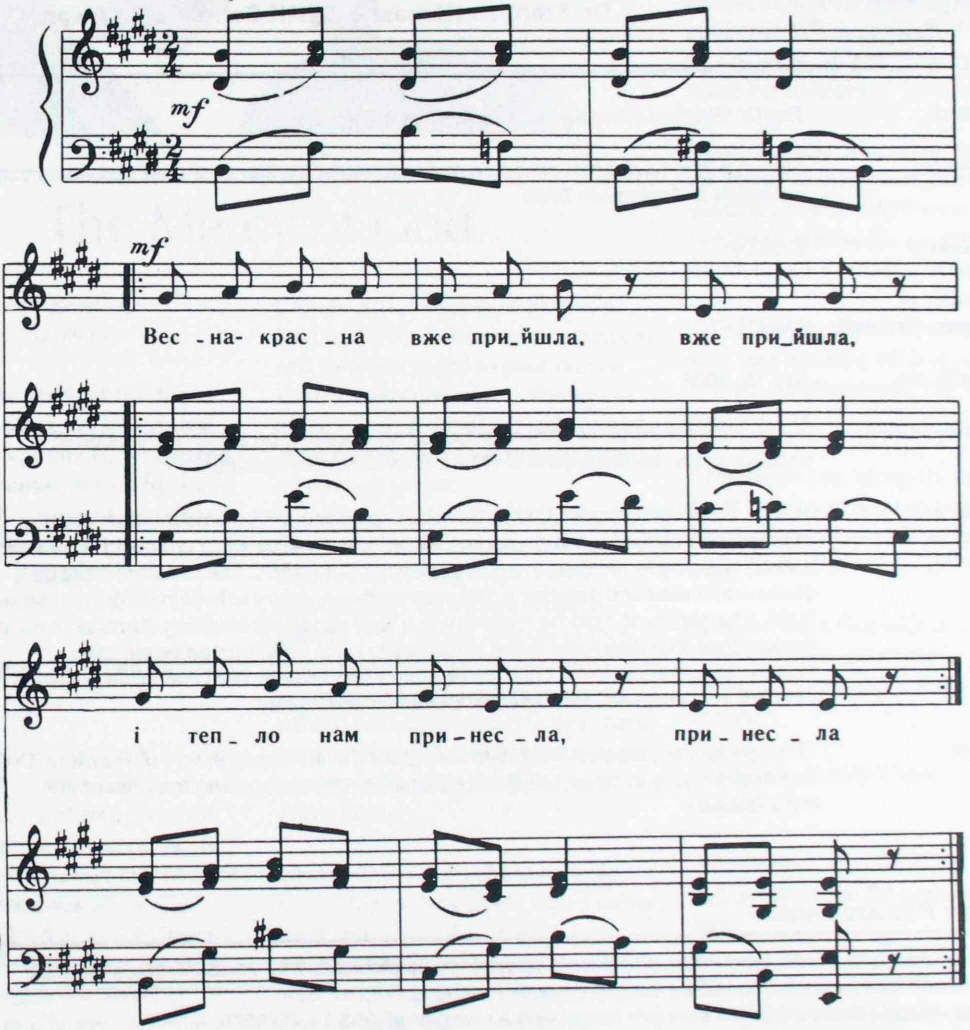
Як настане вечір,
Тихо і злегенька
Українську казку
Каже мені ненька,
Каже мені казку
Рідними словами -
Ох, яка то люба-мила
Казочка від мами!

ВЕСНЯНКА

Слова Г. Гриневича

Мелодія народна
Гармонізація Г. Гриневича

Помірно



Весна красна вже прийшла,
Вже прийшла,
І тепло нам принесла,
Принесла.

Ясне сонце угорі,
Угорі
Засміялось дітворі,
Дітворі.

Славлять весну і пташки,
І пташки,
Зацвітають всі садки,
Всі садки.

CYMK Scholarship Award 2006

The Hamilton Branch of the Ukrainian Self-Reliance Association of Canada (TYC) invites applications for the Dr. Stephen Klimasko CYMK Scholarship Award

Award: The Dr. Stephen Klimasko CYMK Scholarship Award

Open to: Students who have been accepted and entering into a first year post secondary school institution in September 2006.

Amount: $500.00

Number of Awards Granted: One (1)

Deadline: July 15, 2006

Qualifications: The applicant must be of Ukrainian-Canadian ancestry, be achieving academic excellence and be involved in CYMK and in Ukrainian community life.

Criteria: The Dr. Stephan Klimasko CYMK Scholarship Award will be presented annually to a member of CYMK who achieves excellence in academics while providing leadership and contributing to the growth and development of CYMK. The recipient must be a student accepted and entering a first year post-secondary school institution in September 2006. The applicant must be maintaining a high academic standing. Applicants must demonstrate that they have taken initiatives to build CYMK as an organization. Preference will be given to CYMK members who currently hold executive positions and who are also involved in the greater Ukrainian community.

Donor: This scholarship, created in 2000 to recognize the 50th anniversary of Hamilton TYC, is donated annually in honour of Dr. Stephen Klimasko, a founding member of this organization.

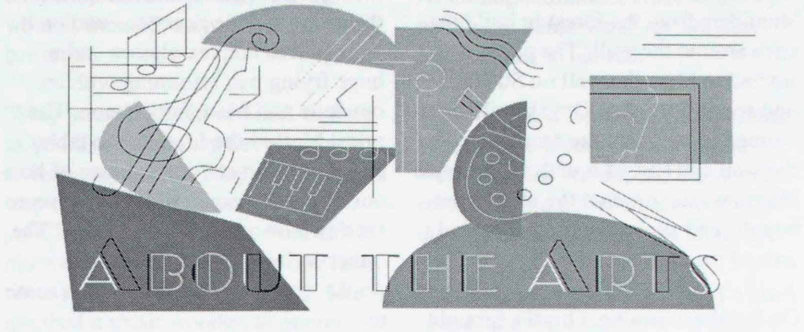
Reply Requirements

In fewer than 500 words, typewritten and double-spaced, please indicate why you think you should be considered for this award, based on the criteria outlined above.
Please indicate the number of years you have been a member of Jr. & Sr. CYMK.
Please include the following information on a cover page to your reply:

Name
Address (Permanent and current, if different than permanent)
Telephone (Home and alternate)
Date of Birth
Name and Address of Educational Institution

Please submit your written reply, resume, transcripts, and two letters of reference to:

The Dr. Stephen Klimasko CYMK Scholarship Award
c/o Hamilton TYC
851 Barton Street East
Hamilton, ON
L8L 3B4



The Mercy of God

Lyubov Yanovska
(1861-1933)

From "In the Dark of the Night", Women's Voices in Ukrainian Literature, Volume II, translated by Roma Franko, edited by Sonia Morris, Language Lanterns Publications, 1998.
Enjoy!

Not a drop of rain had fallen all month.

The sky was grey, and clouds of dust filled the air. The grass and the weeds were completely withered. Parched, shrivelled crops jutted out on fields like the shaggy, unkempt hair of a feeble old man who lives alone. The cracked earth, hard as a rock, looked dead, incapable of growing anything. The sun, beating down fiercely, unmercifully, as if it were angry at all of God's world, scorched every stalk, gripped trees in a hellishly hot current of air, stretched its searing claws over the earth, and baked the roots in the ground.

The villagers, weary of praying, of paying for services of supplication, of having water blessed, gave up all hope...

Clouds drifted over their parcels of land as if over an enemy encampment and then descended to pour rain on muddy fields elsewhere. The people accepted the drought as God's punishment for sins that could not be expiated through prayer.

There was no hunger yet, but the first signs of its coming reign were approaching; the village property-owners -- the recent despots of their small kingdoms, the omnipotent rulers of the chickens, ducks, pigs, cows, calves, and all that lived in their farmyards -- dropped the insignia of their power, and a time of anarchy and chaos ensued...

Granny Sokhivya's chickens were scratching in the garden, Ivan's calves were straying in the orchard, pigs were rooting in the pasture, and cows were stripping the willow trees. But these subjects were forgiven for everything -- as long as they did not ask to be fed, as long as they took care of themselves and managed to stay alive one way or another.

It was only in the farm-yard of Onyska Holovchenko that everything was in order. The regimen for all the animals -- the pigs, piglets and chicks -- did not change. Every morning, the young mistress took handfuls of barley from the grain bins for the ducks, and set out a dish of millet for the chickens; she boiled potatoes for the piglets and added coarsely ground flour to the drink she prepared for the cows. The angry protests of her father-in-law, mother-in-law, husband and brother-in-law were of no avail; neither rebukes nor pleading could persuade her to desist.

"You're crazy! Where are you taking the grain? May those chickens of yours drop dead! We'll soon be swelling from hunger ourselves!" her father-in-law thundered at her.

"We won't swell," the young mistress said, and breaking off a chunk of *palyanytsa [flatbread]*, she went to feed the cow.

"Where are you taking the bread, you fool? Don't you have so much as a shred of conscience? You're taking away the last of our bread!"

"For priests, a first wife is the last one, but we'll have more bread," Onyska retorted. "The cattle shouldn't have to perish."

"Well, we shouldn't have to perish either!"

"You'll live," Onyska flung out, smiling, as she ran to the garden with a hoe.

"Do you want to raise the dust, so that more of it gets into our eyes?" her husband attacked her.

"God help you!" a passer-by called out in derision as he walked past the garden.

"Thank you," Onyska replied, and her tone made it clear that she had to keep on weeding and had no time to look up.

The strange behaviour of the young woman finally attracted even the attention of strangers.

"She's a fool! She's never known hunger, and so she's acting stupidly," some of the people said.

"She lacks a conscience!" others grumbled.

She's not a fool, and she doesn't lack a conscience; she's smart," still others said. "She knows she won't die of hunger -- she'll send her husband, father-in-law, and mother-in-law to work for others, and she'll stay at home and not have to do anything."

But they were all wrong.

There was only one person who guessed the truth.

"She knows something," Granny Sokhivya said.

Onyska truly did know something. She was absolutely confident that God is *merciful.* And the villagers' tears of despair could not extinguish the bright light of her deep faith. Moreover, she also knew that "if the women do penance, dig a well in three days when there's a new moon, and bless it, using the money they earn selling their homespun cloth, God would revive the withered stalks."

She had been told this by a woman passer-by who had been on seventeen pilgrimages to the Monastery of the Caves in Kyiv. And so Onyska waited impatiently for the new moon, concealing the joyful secret in her heart. As soon as the slender golden horn flashed in the evening sky, she hurried to tell the women about the pilgrim's advice, and the hearts of even the most sceptical ones leapt in hope.

In three days, a well was dug in the lowland. The men, doing a penance of their own, carried oak logs on their shoulders from the forest to build the curb around the well. The priest was invited to bless the well on Sunday, and so, on Saturday, Onyska told the women to sweet up the area around the well and spread it with fresh maple shavings, and ordered the men to cut boughs and stick them in the ground around the curb.

On Sunday morning, Onyska brought in a table, decorated it with *rushnyky [embroidered linen ceremonial cloths],* set up icons on it, spread a *plakhta [a coarse hempen cloth]* on the ground in front of it for the priest, and placed new wooden buckets in all four corners of the clearing. She borrowed an ornamental dish for the holy water and procured a sprinkler for it made of lush, fragrant grasses.

Then she called the children together, washed them, and, having instilled the fear of hunger in them, told them to stay on their knees throughout the entire prayer service. Finally, she selected the liveliest little girl, gave her a white handkerchief to wave, and sent her to the nearest mound to keep an eye out for the priest.

By the time she finished all the preparations, the young woman was completely worn-out and perspiring profusely, but, through her efforts, she had created a festive day, the likes of which people had never seen before. And she had resurrected, in their hearts, their lost faith in God's infinite mercy.

The prayer service was over; the water was blessed. The villagers, carrying crosses and church banners, moved in a procession into the fields. And, by the time they finished sprinkling the sown fields with holy water, a samovar was bubbling on a bench in Onyska's home, and tea that her generous hand had made as black as tar, was boiling in a sleek teapot. A table was spread for the honoured guests -- the priest and the deacon -- and on it were placed convex glasses and a huge frying pan brimming with an omelette and fried, fatty bacon. The priest blessed the food on the table and seated himself in the place of honour under the icons, while the deacon sat down on a bench next to him. The father-in-law offered the guests drinks, and Onyska passed them some tea.

"If it's possible, give the priest a teaspoon," the deacon whispered to Onyska.

"A teaspoon! Oh, my God!" Onyska grabbed her head in despair and ran as fast as she could to Granny Chayka's home.

"Quick, give me a teaspoon, that silver one," she cried.

"What teaspoon? I don't have a teaspoon!" the old woman fired back angrily.

"It's for the priest . . .I saw in in your trunk."

"Where would it have come from? You must have seen it in your dreams..."

"It's lying in the trunk drawer, wrapped in an embroidered cloth. Give me the keys to the trunk, and I'll find it myself."

"Well, just listen to her -- give her the keys to the trunk! So, you want to comb through my things and rob me?" the old woman screamed.

"I'm begging you -- everyone's begging you. It's for the priest! You didn't give any money or any cloth to have the water blessed; so at least give us your teaspoon."

"I don't have a teaspoon! I don't have

one, and I never had one," the old woman shouted, emphatically waving her arms.

"May your fields never yield, as long as you live! May they never see rain, as long as you live! May that teaspoon stop the sun's light from shining on you!" the young woman swore at the old woman and, cursing her one final time, ran off to Mariya's house. She grabbed a small wooden teaspoon from a shelf and dashed home.

Thank God, the teaspoon fit in the glass, and the priest even liked it. There's no need to say anything else about all the rest, of course, because Onyska had seen to everything and prepared it in the best possible manner.

In the evening, a cloud moved in menacingly; the rooks grew restless, a wind blew in from the south, and there was a scent of rain in the air.

Onyska should have been overjoyed! But, no! She felt as if someone had ploughed on her side of the boundary, as if someone had poured boiling tar into her heart. Questions whirled in her head, and her thoughts buzzed around her like flies in the autumn.

"She didn't give so much as a *shah [half a penny]* or any cloth, and she didn't do anything," she thought. "And she even begrudged the teaspoon. God can see all this. How will he punish her? Will He have the rain bypass her field? Will He let the rain fall only on her garden that's dry as a rock? Or will He, perhaps disperse all the clouds from her land and prevent her from seeding any buckwheat and hemp?"

All day long, she could not get Granny Chayka out of her mind. All day long, her questions and worries did not cease, and she lay down to sleep with an uneasy heart.

At midnight, thunder crashed. Everyone in the house woke up. Onyska also jumped to her feet.

The orchard was rustling, a humming sound -- the precursor of a violent storm -- filled the air, and the thunder rumbled. The father-in-law went outdoors, and Onyska ran out after him.

Half the sky was overcast with a black cloud, and fiery snakes were leaping horizontally and vertically across the cloud. A sudden flash of lightning flooded the farmstead with a brilliant light, and Granny Chayka's cottage shimmered like a white flower on a black tapestry.

"There will be rain, praise God," the father-in-law stated, as he crossed himself.

"Please, God! Pass by her house, pass over it!" And the young woman also crossed herself.

A few drops of rain splashed down.

"It's raining," said the father-in-law, crossing himself a second time.

"Look, father -- it seems to me that there isn't any rain falling on Granny Chayka's cottage," Onyska remarked.

"Yes, there is, my daughter. It's raining the same all over."

After a few moments, the wind abated, and the rain poured down in buckets.

"Glory to You, O God!" the father-in-law crossed himself a third time. "The rain is falling on the entire district. Merciful God has taken pity on us sinners after all."

"Merciful . . . Oh!" the young woman sighed heavily and dejectedly dragged herself back into the house.

* * *

No one was sleeping in the house; it did not even occur to anyone to lie down. The long awaited rain that had finally come so suddenly brought great joy to everyone, and every new drop of rain increased that joy, filled empty granaries with more and more grain, and generously poured hope into people's hearts. Every fresh streamlet carved an increasingly deep road to good fortune for the people who had been freed unexpectedly from the claws of hunger, maybe even death. And it seemed to them that it would be a great sin to sleep through or miss even a single moment of nature's great resurrection from death.

Even though Onyska knew and understood all this, her anger was greater than her understanding, greater than her will. She was losing all hope of seeing God's wrath. The Lord had not willed the rain to bypass Granny Chayka's yard, fields, or meadows. It had poured down on her beets, potatoes, and hemp, just as it had on those of all the other people.

Onyska was offended by God -- to the point of tears -- for not putting any boundaries or limits on His mercy, for condoning such a great wrong. Her heart felt heavy, as if the weighty sacks of rye, wheat, and potatoes that Granny Chayka's fields would yield this summer were pressing down on her chest. . .

Onyska silently entered the house, as silently lay down on the floor, and pulled a blanket over her head. She did not want to see or hear her father-in-law, mother-in-law, brother-in-law, and husband rejoicing in the mercy of God.

⌘ ⌘ ⌘

Громадська Хроніка

Community Events

International Mother Language Day

Student Vivian Skakun (left) receiving a certificate of recognition from Professor Olenka Bilash on behalf of IHLA.

St. Andrew's Ukrainian Language Classes for Adults is one of 29 diverse community-based language schools in Alberta which, as a member of the International and Heritage Languages Association (IHLA), participates in the International Mother Language Day held each year in the month of February. This is the day when every student learning a mother tongue comes forward to showcase the unique and beautiful characteristics inherent in that language.

The annual event takes place on the premises of Edmonton's City Hall and draws an attendance of approximately 500 students, parents, and community members. Each school prepares a display that highlights its language and culture. To help celebrate the event, each year IHLA invites students to write an essay in the language they are learning on the annual theme. Last year's theme was "In the Galaxy of Languages, Every Word is a Star." Other features of the day include a passport that enables students to visit displays of other language schools and learn about their language and culture. Following is a sample essay written by one of our students, Vivian Skakun, a member of St. Andrew's CYK.

Nadia Kryschuk
Principal, Ukrainian Language classes for Adults
St. Andrew's UO Church, Edmonton

In a Galaxy of Languages Every Word is a Star: On the Death and Life of a Mother Tongue

Metaphorically speaking the life of a language can be compared to the life of a star. Astronomers tell us, that stars will die depending upon the mass of the star. The bigger the star's mass the longer the star will live. The star dies when it has burned off all of its fuel. When the star's fire is put out, as the force of the gravity pulls the star inward, it begins to get smaller and smaller and shine more dimly. The star declines from white dwarf to red dwarf, then brown dwarf until it is reduced to a cinder and dies. The dead star is a corpse. In a stellar system if one star dies, the corpse of the dead star could be close enough to the living star to draw fuel from the living star. It could again ignite to shine very brightly or not at all.

As with the stars, languages die. Linguistics predict that ninety percent of our current six thousand languages will be dead in the next century. The larger the mass of the population that continues to use their mother tongue daily, the more likelihood of the language's survival. When the last being of a people, able to speak the mother tongues dies, then that language passes into moribund.

The description a star's demise can be compared to the three categories of a language's decline going from safe, to endangered and finally to extinction. With the death of our mother tongue

comes the extinction of our diversity, our culture, and our self-worth and dignity as a people.

With each new generation the light grows dimmer in terms of the urgency to speak our mother tongue. If this continues, we will become a monolingual society. If we do not want our mother language to die, we need to be proactive. Language is the heart of our heritage. Each community needs to take up the torch to revitalize our mother language. We need to avert the crisis of extinction.

From this day forward, as we celebrate International Mother Language Day, may we be inspired to promote multilingualism, all in the spirit of tolerance, understanding and dialogue.

May each cultural constellation shine very brightly, as we provide the fuel to support a multilingual culture in the form of professional development, school programs and continuous and perpetual creative opportunities to share our gifts, skills and talents in a vibrant community.

May our mosaic of peoples, be spurred on to re-ignite the light. Our multilingual survival depends on it. May our "Galaxy of Languages the World Over" shine very brightly and be everlasting.

Життя або смерть рідної мови

Метафорично кажучи, життя мови може бути порівняно до життя зірки. Астрономи кажуть, що життя зірок залежить від їх маси. Чим більше маса зірка, тим довше вона живе. Зірка вмирає, коли витрачає усю свою енергію. Коли вогонь зірки згасає, сила тяжіння притягає зірку всередину, вона стає менше і менше, сяє не так яскраво. Зірка зменшується поступова, доки не згасає та перетвориться у попіл. Згасла зірка - це мертве тіло. У зоряній системі, коли одна зірка вмирає, вона знаходиться досить близько до живої зірки і може отримати від неї енергію. Вона або починає знову сяяти дуже яскраво, або ні.

Подібно до зірок, мови теж вмирають. Лінгвісти передрікають, що 90% із 6,000 існуючих мов вмруть у наступному столітті. Чим більше маса населення, що вживає рідну мову кожного дня, тим більше можливість виживання мови. Коли вмирає останній представник народу, який розмовляв рідною мовою, мова переходить до небуття.

Опис смерті зірки від початку до повного згасання можна порівняти із ступенями занепаду мови: від живої мови, до мови у небезпеці та, нарешті, до її зникнення. Якщо зникне рідна мова, то згасне наша культура, наші цінність та гідність як народу.

З кожним поколінням світло згасає все більше і більше, з точки зору необхідності розмовляти рідною мовою. Якщо не буде продовжуватися, ми перетворимося у супсільство, що розмовляє однією мовою. А якщо ми не хочемо, щоб це сталося, ми повинні активно діяти. Мова - це серце нашого насліддя. Кожна громада повинна запалити факел відродження рідної мови. Ми мусимо запобігти кризису згасання нашої рідної мови.

З сьогоднішнього дня, коли ми святкуємо Міжнародний День Рідної мови, ми повинні сприяти вживанню різних мов у дусі терпимості, розуміння та діалогу.

Хай кожне культурне сузір'я сяє яскраво, а ми забеспечимо енергію для підтримки багатомовної культури у формі професійного розвитку, удосконалення шкільної програми та творчих можливостей, віддамо наші сили, уміння та таланти сприятливій громаді.

Хай мозаїка наших народів буде спроможна знову запалити світо! Виживання багатомовності залежить від цього. Хай "Галактика Мов усього світу" сяє яскраво!

Mother's Songs

Songs my mother taught me,
In the days long vanish'd
Seldom from her eyelids
Were the teardrops banish'd.
Now I teach my children
Each melodious measure,
Oft the teardrops flowing,
Oft they flow from my
memory's treasure.

author unknown

UWAC, Lesia Ukrainka Branch, St. Elias Church, Edmonton honours 80-year-old members

From left to right: Dorothy Hanchuk, Anne Emsky, Rose Holowaychuk

For the past five years (since 2001) our Women's Association has been recognizing our dedicated, mature ladies who have reached 80 years of age. In 2001 we honoured fourteen ladies, eight in 2002, two in 2003, three in 2004, and this year we pay tribute to three ladies. These ladies, as well as those in the past, have given and continue to give of themselves in preserving our religion, traditions, culture, ethnic foods, and special holidays. The following is an address delivered by Mary Shewchuk at the Annual General Meeting on November 13, 2005.

"Today we would like to pay tribute to three special ladies who have, are, or will be 80 years of age this year. These three ladies, Anne Emsky, Dorothy Hanchuk, and Rose Holowaychuk, have each earned recognition in their own special ways.

Dorothy has been a member of our branch of the UWAC for six years now. We've heard her every Sunday as she sings out her heart with her beautiful resounding alto voice in the church choir. What an exceptional commitment! Our choir is so fortunate to have you, Dorothy, as such a supportive member. We thank you for your love and dedication.

Rose was a member of St. Olha Branch at St. Michael's Ukrainian Orthodox Church in Edmonton for several years and when she decided to move, we, at St. Elia's, became the lucky recipients. She has been a member for approximately 14 years. She is always willing to help in whatever way she can. She has worked bingos. She has served a very caring position within our club, that of Benevolent Convener, visiting the sick in hospital or welcoming them at home with a gift of flowers. Her concern has now been turned to looking after her own husband, Max, for the last few years. We all admire your dedication and caring, knowing that your own health isn't the best either.

Anne has been with us for 44 years and in that time she has given of herself in many ways. In 1965 she helped me organize Sadochok. She has led CYMK, instructing them in weaving, spinning, and embroidery. She has been on the museum committee forever! Not only of our local, but she represented us at the provincial level. Setting up a huge booth, year after year, at the Edmonton's annual Heritage Days celebration, and then demonstrating embroidery, spinning, and weaving at the site for the three days of the event has been a great benefit to Souz Ukrainok Kanady, our Lesia Ukrainka Branch, and the Ukrainian community at large. Anne's expert input in the selection of patterns and embroidery colours and stitches for the first, second, and third sets of church linens/altar cloths has been invaluable while the actual embroidery was lovingly undertaken and assisted by other capable members. When I was president in 1965 she helped me to purchase material and organize the embroidery of 12 luncheon cloths which were, again, embroidered by several other talented members. She also instructed weaving and embroidery out of town in Banff and Bonnyville. Most impressive, is that Anne has embroidered a priest's vestment, a bishop"s vestment, and the Ukrainian Women's Association of Canada National Flag. Her knowledge in the area of cultural arts is truly valued and appreciated. I am sure that some of our ladies have noticed her artistic talent making paskas. Another very important role Anne has undertaken in our church is Sisterhood where she takes the responsibility for beautifying the church with flowers for Easter, distributing candles and changing the linens several times a year.

Once again we thank you, ladies, for your active roles, your positive outlook, and your spiritual and Christian support. Congratulations and may the good Lord keep you safe and comfortable in His love."

⌘

Жіночі організації Торонто вшанували героїнь

12 лютого 2006 року Комітет Українок Канади - відділ Торонто запросив українську громаду на Свято Героїнь, яке було присвячене 35-літтю смерти Алли Горської і тих героїнь, котрі стали символом релігійно-національної величі в пам'яті народу - саме ті, що подарували скарби любови свого серця. Вони шукали правди для справедливого життя свого народу та ідеї визволення. "Дужі Месниці", окрилені ідеєю сильної волі, прямували до вершин. Їх праця і життя XX століття - це був найсильніший приклад героїзму і доказ живучости нації.

Вшановуючи пам'ять наших Героїнь, чисельна українська громада зібралась в Українському Культурному Центрі на вулиці Крісті. Жіночі організації, засвідчили, якою важною є активна праця жінок у громадському житті.

Комітет Українок Канади спрямував свою діяльність на молодше покоління, на тих, що гартують нашу громаду, а з часом стануть працівниками нашого громадського життя. Молодь необхідно виховувати на історії свого народу. Отже, сьогодні молодше і юне покоління в більшості взяло участь у програмі Свята Героїнь.

Свято відкрив хор "Світанок" при осередку СУМ у Гамільтоні молитвою "Богородице Діво" на музику Федоріва. Ми, присутні, відчували благодать християнської любови у громадській національній сім'ї. Їхній виступ, під керівництвом Марічки Глібович-Данкин присутні приймали дуже щиро.

Голова КУК маг. Христина Болюбаш у своєму слові привітала гостей. Згадала Героїнь, які на переломі XX століття були "краще з кращих". "Це була надія України, яка гідно протистояла всім окупантам і відстоювала честь Батьківщини.

На цьому тернистому шляху з'явилась національна еліта, яка безмежно любила свій народ. Однією з її представниць була Алла Горська, якій ми присвячуємо у 35-ту річницю її смерти наше святкування".

Хореографічна композиція "Сестри" у виконанні ансамблю "Барвінок", наливала душу присутніх любов'ю і родинним теплом.

Голова Конґресу Українців Канади Орися Сушко виголосила Святкове слово. Виступ уважно слухали всі. Її слово було сповнене духом величі, знанням з різних часів історії, у пошані героям, які віддали своє життя за суверенність України. У своєму привіт пані О Сушко сіяла зерно віри у краще завтра.

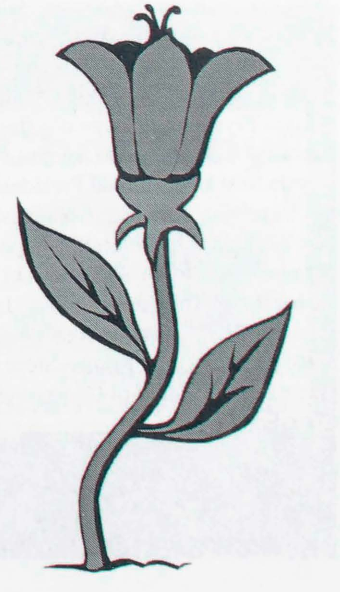
Відтак висвітлено документальний фільм про Аллу Горську, який задокументував сенс людського буття. Алла була уособленням і виразником прагнень нашого народу.

Молодіжний ансамбль "Пролісок" (мистецький керівник Олеся Коник) звучав чудово і зворушливо. Вірш автора Віри Ворскло, присвчений Героїням, виконала Наталя Попович. Далі прозвучала юна Капеля бандуристів "Золоті струни" - мистецький керівник Віра Зелінська. Їхній виступ - це був доказ плекання української культури і зберігання традиції українського народного музичного інструменту - бандури.

Свято завершено молитвою за Україну з опери "Запорожець за Дунаєм" Гулака-Аретемовського.

Цього року, відмічуючи Свято Героїнь, програма свята подарувала всім незабутні хвилини любови з рідним мистецтвом. На залі були присутні кілька поколінь і відчувалось святкову атмосферу, яка лучила нас у живу спільноту.

Присутня на святкуваннях І. В.



UWAC, Lesia Ukrainka Branch, Kamloops, Annual Meeting

The Ukrainian Women's Association, Lesia Ukrainka Branch of Kamloops, BC held their Annual Meeting December 13, 2005.

A motion was made for the 2005 Executive to hold their positions for 2006. All were in favor.

The 2006 Executive is:
President - Bella Bugera
Vice President - Marilyn Schigol
Secretary - Elsie Swiatkewich
Treasurer - Donna Mazur

2005 was a busy year for our Branch. The ladies busied themselves with Easter Egg Classes for school children and adults. Easter Bake Sale of babka's, paska's pyrohy, holubtsi, other goodies, and Easter Eggs. Pyrohy Suppers were held once a month. Orders were filled for pyrohy and holubtsi sales. We also catered to banquets and weddings through the year. The Branch was able to help pay down the mortgage on the Church, from the proceeds of their hard work. Most of the ladies that make these events successful, are in their 70's and 80's. "Kudos" to these wonderful dedicated ladies. We have in our midst, at least 3 ladies that are not of Ukrainian descent, but one would never know it. Their dedication in helping our organization to carry on is tremendous, and very much appreciated. Thanks to all our dedicated members. MNOHAYA LITA!

Sunday School is held whenever there is a Church Service.

Monetary donations are made to the Food Bank, Promin, and we also pick the Cancer Society, Heart and Stroke Foundation, Arthritis Society, or our local hospital, etc. to donate to for the year.

If there is a family in our community that needs financial help due to medical problems, we make a donation.

2006 will be another busy year for our branch.

⌘ ⌘ ⌘

Chornobyl 20th Anniversary Commemoration in Ottawa

On Wednesday, April 26th, 2006, an enthusiastic crowd gathered on Parliament Hill, to remember the nuclear disaster in Chornobyl 20 years earlier. Well known journalist Victor Malarek introduced and led the program, which included greetings from Minister of the Environment Hon. Rona Ambrose, Vadym Prystaiko (Charge d'Affaires, Embassy of Ukraine in Canada), Orysia Sushko (National President of the Ukrainian Canadian Congress), His Worship Bob Chiarelli (Mayor of Ottawa), MP Borys Wrzesnewski (Liberal Party of Canada), Hon. Jack Layton (NDP), Hon. Raynell Andreychuk (Senator), and Roman Stepczuk (President, Children of Chornobyl Canadian Fund).

Following the greetings, all joined in ecumenical prayer, accompanied by the combined choirs from Assumption

of the Blessed Virgin Ukrainian Orthodox Church and St. John the Baptist Ukrainian Catholic Shrine, under the direction of Iryna Smishna. The Lesia Ukrainka Ukrainian School under the direction of Olya Katruszenko sang "Hospody Pomyluy Nas" by Taras Petrynenko. A candlelight ceremony followed, with a solemn dance performed by Svitanok Ukrainian Dance Society. The program ended with the moving placement of candles at the centrepiece by each person in attendance.

* * *

Following are the comments presented at the event by Orysia Sushko, National President of the Ukrainian Canadian Congress (photo on previous page).

Chrystos Voskres!

Twenty years ago today, at a time when Christians across the world were preparing for the Easter celebration in the quiet slumbering hours of April 26, the worst nuclear explosion in the history of mankind occurred in Chornobyl, Ukraine.

Our gathering here this evening is a moving tribute to the millions of lives affected by this unprecedented disaster. It is also an opportunity for us to recognize that, while much has been done over these 20 years in effort to repair and strengthen the well-being of those who survived, our efforts cannot cease. In fact, we must renew our readiness to respond to the next generation of suffering which has begun to unfold before us.

We have seen the effects of what is still, in certain circles, referred to as "an accident with no long-term consequences". We can only imagine the stress of those living each day in fear of unknown consequences of long-term exposure to low doses of radiation. New parents living in affected regions do not know if they will live to see their children grow up. Under such conditions, day to day life takes on a much darker hue than that which any people of any nation deserve to enjoy.

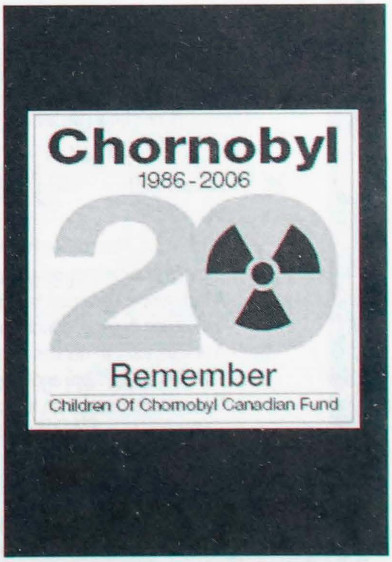
We are all aware of the stalling of crucial evacuation orders which left thousands of people exposed to dangerous radioactive fallout in the days and weeks following the explosion. To many within the former Soviet Union and around the world, the Chornobyl disaster is considered the beginning of the end for the Soviet Union and Soviet communism, laying bare all of the ills, evils and dangers that characterized that system of governance. The Chornobyl catastrophe escalated a fledgling environmental movement into a potent political force, which is believed to have become a catalyst for the achievement of Ukrainian independence in 1991. A poignant paradox -- victory borne of tragedy. If this is in fact so, our responsibility to the future of the independent Ukraine which Canadians have worked tirelessly to nurture, particularly in these last years of elections, grows in tandem with the increasing needs of people victimized by the Chornobyl disaster.

The issues surrounding the aftermath of Chornobyl remain complex and their solutions are as dependent on global cooperation as they are on the personal commitment of each one of us here. Through the Ukrainian Canadian Congress and its member organizations, the Children of Chornobyl Canadian Fund, as well as throughout the Canadian community at large, much has been done to support affected individuals, families, and communities. Medical supplies, financing for hospital equipment, clothing and basic necessities adding up to millions of dollars and millions of volunteer hours have been offered. The reality is, we must be prepared for these millions to become billions. We cannot stop now, knowing the suffering that still plagues our brothers and sisters in Ukraine, and the challenges awaiting generations to come.

Our hope, our resources, our health, and our efforts can help them to meet these challenges. How can YOU help? Get involved, initiate a project, join a committee, share information, fundraise, lobby decision makers at all levels of government for assistance, volunteer your expertise in Canada or Ukraine, pray with all your hearts - do whatever you can to relieve some of the suffering. Chornobyl must be remembered not only as a tragedy, but also as a signpost on the road to a safer world.

Finally, I ask you to join hands, and raise them together, to symbolize our unified support, along with the millions of people around the world who commemorate this tragic event together with us today.

Let us pledge our time and resources, and most of all our hope, to those who suffer.



Mohyla 2006
Language & Cultural Immersion Summer Program
Могила Джерело
Мовно-Культурна Літня Програма

музика - мова - танці - спорт - мистецтво

July 5th - August 7th

Held at St. Petro Mohyla Institute, this five week Ukrainian immersion program offers:

- A highschool Ukrainian language credit, for grades 10-12
- Instruction in song, dance and instrumental music
- A unique total immersion atmosphere
- Travel opportunitites and concerts outside of Saskatoon
- Conversational hour on topics including: Ukrainian history, contemporary Ukraine, Ukrainian folk and pop music
- Preparing and eating traditional Ukrainian dishes
- Production and performance of a final concert Monday, August 7th

Cost:
- Tuition includes: food & lodging, travel, instruction, craft supplies, special activities, final concert DVD and picture CD
- $1105 per student (incl. $30 admin fee)
- $80 discount if application received before May 5th, 2006
- First 15 Saskatchewan residents registered eligible for a $200 bursary provided by TYC/UOMA "Steppe" club - Saskatoon, upon completion of the program

Mohyla Institute
1240 Temperance St.
Saskatoon, Sk
S7N 0P1

Ukrainian Canadian Congress
Saskatchewan Provincial Council

Saskatchewan LOTTERIES

For applications, contact Mohyla Institute
www.mohyla.ca

email: mohyla@sasktel.net
tel: (306) - 653 - 1944
fax: (306) - 653 - 1902

OSVITA

What is OSVITA?

OSVITA is a Ukrainian Summer Language Camp for youth aged 14 - 17.

What can I take?

Ukrainian 10, 20 or 30 - and get high school credit!

When is it?

July 2 - August 6, 2006 Edmonton and Ukraine
July 2 - 21, 2006 Edmonton only

Why should I attend?

It's a really fun way to get high school credit for Ukrainian 10, 20 or 30, work on your conversational skills, meet some really great people and travel to Ukraine. It's an experience of a lifetime!

Where is it held?

Students live at St. John's Institute in Edmonton for 3 weeks and then spend an amazing 17 days traveling through Ukraine.

What is the cost?

$3500.00 for the Edmonton and Ukraine program or
$1100.00 for the Edmonton only program.
*** register by March 1st and save $100 - bring a friend and save $50! ***

What is included in the cost?

Room and board for 3 weeks in Edmonton, instruction by AB Learning certified teachers, all evening and weekend activities and excursions, airfare, accommodation, meals, activities, and entrance fees. The only thing extra is spending money!
Our tuition is highly subsidized - actual cost of the program is $7300.00 - you save over 50%

How do I register?

Online or over the phone. Registration opens January 16th.
Deadline for Edmonton only program - June 16th. Deadline for Ukraine trip - May 16th.

Phone or check out the website for more info!
780.439.2320 – www.stjohnsinstitute.com

THE UKRAINIAN LANGUAGE EXPERIENCE

SUS Foundation of Canada:
Celebrating our past, funding our future

Traveling the country to continue supporting Ukrainian Culture in Canada

To mark its 40th anniversary, the SUS Foundation launched a "5 by 50" campaign: to raise its capital fund to $5 million by SUS Foundation's 50th anniversary in 2015. This campaign was launched in November 2005, and has already raised $40,000 at nine events across Canada.

Starting in Edmonton, where over $20,000 was raised; a representative from SUS Foundation has traveled to locally-organized events in five different provinces:

Edmonton	November 19th
Winnipeg	December 4th
Long Branch	January 22nd
St. Catharines	February 5th
Montreal	February 12th
Hamilton	February 19th
Saskatoon	March 11th
Regina	March 12th
Windsor	April 9th

Campaign events will continue to Ottawa (May 28th), Vernon (June - date TBA), and Calgary in September.

Attendees at each event heard a presentation of the SUS Foundation's history, learned where grants of $1 million were distributed, and understood the goals of the $5 by 50 campaign. The response to the events has been very good. In May, information about the SUS Foundation of Canada will be sent to each branch of the Ukrainian Women's Association of Canada (UWAC) and to the Ukrainian Self-Reliance Association of Canada (TYC) for distribution to all members.

Understanding that "$5 by 50" is an aggressive goal, the SUS Foundation challenges the membership of these organizations, and of the entire Ukrainian Orthodox Community to contribute annually to our Foundation. We all benefit from this fund. Allow us to expand our opportunities and support more outstanding causes.

Created in 1965, the SUS Foundation of Canada provides financial support for organizations that preserve and promote Ukrainian culture and education in Canada. This charitable wing of the Ukrainian Self-Reliance League of Canada (SUS) has accumulated over $1.3 million in invested capital, and annually donates the interest (about $50,000) to various projects. Since its inception, the SUS Foundation has granted over $1 million to our community's Institutes, Centres of Ukrainian study, and various other programs and projects, primarily within the Ukrainian Orthodox community.

Women's Orthodox Ministries and Education Network

Invites You to

Through the Prayers of Our Holy Foremothers, How Should We Then Serve?

A Leadership Retreat for Orthodox Christian Women

Uniting Wisdom from the Past with the Challenges of Ministry Today

October 13-15, 2006

Christ the King Retreat Center

Buffalo, Minnesota

(approximately one hour from the Twin Cities: see www.kingshouse.com)

Our goal is to offer
a prayerful setting for worship, learning, exploration, and fellowship
among women seeking to grow in spiritual understanding,
in active responsibility for their unique gifts in Christ,
and in service and ministry in the Church
and in the diverse communities in which we live.

For More Information Contact:
Renée Zitzloff
952-474-6946
rzitzloff@aol.com
www.orthodoxwomensnetwork.org

"To each one is given the manifestation of the Spirit for the common good." 1 Corinthians 12:7

КОНГРЕС УКРАЇНЦІВ КАНАДИ
ЦЕНТРАЛЯ

UKRAINIAN CANADIAN CONGRESS
HEADQUARTERS

CONGRÈS DES UKRAINIENS-CANADIENS
(SIÈGE SOCIAL)

EMPLOYMENT OPPORTUNITY

Programming Assistant

The Ukrainian Canadian Congress is searching for a programming assistant to work at its Winnipeg Head Office

Reporting to the Executive Director, the successful candidate would coordinate and oversee administrative and programming duties including the provision of varied and complex office duties; program development and execution, communications and support of UCC Board and its committees.

The Ukrainian Canadian Congress is a non-profit community organization that represents the interest of the Ukrainian Canadian community both in Canada and in Ukraine. With branches and member organizations throughout Canada, the UCC offers an exciting opportunity for professional development while making a positive impact on Ukrainian Canadian community life. The successful candidate will have an excellent opportunity to work in a dynamic and constantly changing work atmosphere with a national and international scope by providing support to community advocacy and community development projects.

Qualifications

- Knowledge of Ukrainian Canadian organized community life and the Ukrainian cultural experience in Canada;
- Ability to develop innovative and practical solutions to community-based challenges.
- Knowledge of Federal government organizational structure and functioning;
- Exemplary client satisfaction skills, including dealing effectively with the public, UCC volunteers and UCC staff, both in person and over the telephone;
- Commitment to teamwork and developing consensus;
- Strong organizational skills, the ability to multi-task and balance conflicting priorities;
- Proper English and Ukrainian language usage, spelling, grammar, and punctuation;
- Computer applications related to the work (MS Office).

Education and Experience:

The successful candidate would hold a Bachelor's degree in a field related to community development, Ukrainian studies or business/public administration and three years of office administrative, supervisory or lead experience in the area of community development; or an equivalent combination of education and experience sufficient to successfully perform the essential duties of the job as listed above.

Please email your cover letter and resume in confidence to:
ostap.skrypnyk@ucc.ca by May 31, 2006

We thank all applicants for their interest,
but, only those selected for an interview will be contacted.

Sadie Hladun

August 31, 1905 - November 2, 2005

On August 31, 2005, friends and family gathered at the Gateway Lodge (nursing home) in Canora to pay tribute to Sadie Hladun, who was celebrating her 100th birthday. Sadie was presented with a corsage by Annie Zawislak, who was also a 2005 centenarian. Rev. Father Wasylenko extended greetings on behalf of the Holy Trinity Ukrainian Orthodox congregation and presented Sadie with an icon. Dorothy Koral extended greetings on behalf of the Ukrainian Women's Association of Canada, Canora Branch and presented Sadie with a dozen roses. On behalf of the Gateway Lodge management and staff Leanne Buchinski said, "Since Mrs. Hladun's admission I have had the opportunity to get to know a talented Easter egg artist, an expert paska and kolach baker, an avid gardener and an awesome singer of Ukrainian folk songs. It is evident Mrs. Hladun takes great pride in everything she does."

Numerous congratulatory messages were read from government leaders including a greeting from Her Royal High Highness, Queen Elizabeth II. Adeline Zawislak led the Orthodox Choir in singing of familiar folksongs and Sadie's biography was presented by her son, Paul of Canora.

Sadie Hladun was born on August 31, 1905 in the Whitesand area, NWT, only days before Saskatchewan officially became a province. Her birth was registered in Gorlitz. She was the oldest of nine children born to Alex and Anna (Kynetsky) Monich.

Sadie's early years were spent in the region south of Good Spirit Lake. Her family then moved to the Poplar Springs School area, west of the Hamlet of Burgis. After farming in that area for a number of years, the family moved to land northeast of Mikado in the Pretty Valley School District.

Because Sadie was the eldest of the children she spent little time at either Poplar Springs or Pretty Valley Schools. She was needed at home but often remarked that she enjoyed going to school when and if her parents allowed her to attend. Through her own initiative she learned to read English and Ukrainian. Later in life she also learned to speak Russian. Like so many of the pioneers much what she knew was committed to memory. Sadie learned many Ukrainian carols and songs which she still can sing. She also committed to memory many of the old Ukrainian adages or sayings.

Sadie loved to tell stories about early pioneer life such as plowing with a pair of oxen, which seemed to have a mind of their own. When they were released to graze at dinner time, they went into the slough and it was always her job to get them out.

When Sadie married John Hladun in 1923, they spent the first couple of years of their marriage living with John's brother and his family. In 1925 they purchased land in the Phoenix School District and farmed for several decades until they retired in Canora. They were active in the Mohyla Orthodox Church. They raised a family of three sons: Nick, Paul and Steve. Steve died tragically in 1968; Nick and his wife Antonia, and Paul and his wife Bernice live in Canora. Sadie has five grandchildren and five great-grandchildren.

In paying tribute to his mother, Hladun said farming in pioneer days was not easy. "In those days horse power didn't have four wheels. It had four legs. That made work more physically demanding and much slower. Farmers provided their own food. They had their own poultry, cattle and hogs. They planted large gardens. Before refrigeration, people canned fruits and vegetables as well as meat and fish. At that time everyone helped one another. Looking after yourself and your family and those less fortunate was the pioneer spirit that permeated society in those days".

Sadly, Sadie Hladun passed away

November 2, 2005, two months after her 100th birthday. She is lovingly remembered by: two sons Nick (Antonia) Hladun and Paul (Bernice) Hladun; her brother William Monich, her three sisters Ella Rose, Katherine Hamilton and Victoria O'Sullivan, her five grandchildren and five great-grandchildren.

Submitted by UWAC Maria Markovych Branch, Canora SK along with a donation of $25.00

Lesia Ukrainka Branch UWAC in Foam Lake SK is donating $50.00 to the Promin press fund as an everlasting wreath in memory of our two members who passes away recently:

Katie Kuprowski (nee Bokla), chartered member of our Branch entered into eternal rest December 7, 2005 at 93 years of age.

Irene Kitzul (nee Fushtey) entered into eternal rest January 24, 2006 at 87 years of age.

Members of our branch express their deepest sympathy to their families. May their memory be eternal.

Katherine Monych, President
Verna Harris, Secretary

The UWAC St. Anna Branch, Fort Frances ON is donating $100.00 to the Promin press fund as an everlasting wreath in memory of our departed members who entered eternal rest (1944 - 2005):

Helen TKACHYK - 1970
Joan (Mrs. Peter) KAWULIA - 1970
Dorothy REVUS - 1992
Effie TRYHUK - 1992
Lena KRAWCHUK - 1998
Mary WEPRUK - 1998
Mary KITZUL - 1999
Jennie RIZZO - 2003
Helen KITZUL - 2004
Adele MARKOWSKI - 2004
Olga WIHAN - 2004
Mary ADNRUSCO - 2005

May their memories be eternal! Vichnaya pamyat!

Dorothy Wepruk, President

The UWAC Daughters of Ukraine Branch is doanting $80.00 to the Promin press fund as an everlasting wreath in memory of our Honourary member **Katie Czemers**, who passed away recently. May her memory be eternal!

Anna Zaleschuk, Treasurer
Donna Van Veseloere, President

Enclosing a donation in the amount of $50,00 as an everlasting wreath in loving memory of my dear mother **Olga Moisiuk**, who passed away November 27, 2000.

May her memory be eternal. Вічна їй пам'ять!

Diana Jurychuk
Burlington, Ontario

Недавно у Віндзор, Онтаріо упокоїлася **бл. пам. Марія Трач**, довголітня членка Союзу Українок Канади.

На її свіжу могилу пересилаю пожертву на Промінь в сумі $25.00. Вічна їй пам'ять!

Ольга Семенюк
Емгесбург, Онтаріо

PROMIN SUBSCRIPTION FORM / ПЕРЕДПЛАТА НА ПРОМІНЬ

Give a Promin subscription as a gift to a friend or relative anywhere in the world OR Use this form for a new or renewed subscription for yourself.

Gift ______ New Subscription ______ Renewed Subscription ______

Name ________________________________

Address ________________________________

City ____________ Province _____ Country ____________ Postal Code ________

If GIFT, please indicate from whom ________________

Cheque or money order enclosed in the amount of $ ______ for ___year(s) at $___/year

Canada $25CDN/year, other countries $30US/year - В Канаді $25CDN на рік, в інших країнах $30US на рік

PROMIN - BOX 57268, JACKSON STATION, HAMILTON, ONTARIO, CANADA L8P 4X1

RELIABILITY Since 1973

athens printing

COMPLETE IN HOUSE SERVICES

From Creative Design to Final Product

Black on White to Full Colour

PENNY SALE TICKETS

- Tickets of all Kinds
- Business Stationery & Forms
- Business Cards
- Labels & Stickers
- Brochures & Catalogues
- Newsletters & Booklets
- Invitations & Announcements
- Complete Bindery Services
- Layout & Graphic Design
- Also Continuous Forms

DIGITAL IMAGING

BLACK & WHITE FULL COLOUR

1480 Barton Street East, Hamilton, Ontario L8H 2W9

Tel: 905 549-6719 Fax: 905 549-7645 e-mail: info@athensprinting.ca

Johnny's Finishing Shop

FURNITURE REFINISHING AT IT'S FINEST

ІВАН ДУДИСЬ JOHN DUDYS

- ANTIQUE RESTORATION
- REPAIRS
- RE-UPHOLSTERY
- TOUCH-UP
- COMMERCIAL
- RESIDENTIAL
- BUY & SELL ANTIQUES

- ВІДНОВЛЕННЯ СТАРОВИННИХ МЕБЛІВ
- РЕМОНТ МЕБЛІВ
- ЗАМІНА ОББИТТЯ
- ПРИЙМАЄМО ЗАМОВЛЕННЯ ЯК ВІД КОМЕРЦІЙНИХ ПІДПРИЄМСТВ, ТАК І ВІД ПРИВАТНИХ ОСІБ
- КУПУЄМО ТА ПРОДАЄМО СТАРОВИННІ МЕБЛІ

90 ADVANCE ROAD, TORONTO Tel./Fax: (416) 233-7451

Almighty God,
Father of all Creation,
who chose Mary to be the Mother of our Lord Jesus Christ,
we give thanks for those who mother and nurture us.
Following in her example of obedience and trust, give us grace to respond with love and affection
to all those who seek our help and support.
May we nurture the growth of a fuller Christian life in your world.
Through Jesus Christ our Lord.

healthy recipes

Baked Salmon with Coconut Crust

Many cooks are intimidated by cooking fresh fish and, as a result, miss out on the heart-healthy, brain-boosting, omega-3 fatty acids in salmon. No fear, though; this fast fish recipe is foolproof.

4 (4 ounce) salmon fillets, skin removed
1 tablespoon lime or lemon juice
1/2 cup panko (Japanese bread crumbs, available in the Asian food aisle), or substitute dry bread crumbs
1/4 cup flaked sweetened coconut
Salt and freshly ground pepper, to taste
Cooking spray

Preheat oven to 425 degrees. Place salmon fillets on a non-stick baking pan. Brush juice on salmon.
In a shallow dish, combine panko, coconut, salt and pepper. Dredge each fillet in the mixture and return to baking pan. Spread leftover crumbs on top of each fillet. Coat with cooking spray.
Bake for 12 to 15 minutes. If desired, put under broiler until crust is golden brown.

Beets With Orange and Ginger

Science says beets' anti-cancer chemicals inhibit skin, lung and liver tumors. Beets also may help the heart by lowering artery-damaging homocysteine. You can use canned beets, but freshly cooked ones retain more nutrients.

6 medium beets
1 cup orange juice
2 tablespoons candied ginger
2 tablespoons maple syrup
1/2 cup walnuts
1 tablespoon white vinegar
1 tablespoon cornstarch

Scrub beets, leaving on root and 1 inch of stem. Place beets in a large pot and cover with water. Bring to a boil, cover and simmer 45 to 60 minutes or until tender. Drain.
Remove skins and cut beets into wedges. In a saucepan, combine remaining ingredients. Bring to a boil; simmer until thickened. Add beets and toss.

Spicy Mixed Nuts

The foods in this easy recipe are powerhouses of nutrition. Why the recipe is good for you: High antioxidants and fiber in nuts. Nuts lower cholesterol and help prevent heart disease. Adding cinnamon to foods helps suppress blood sugar by boosting insulin activity and cells' ability to process glucose

1 egg white
2 tablespoons cold water
2/3 cup walnut halves
2/3 cup pecan halves
2/3 cup whole almonds
1/2 cup sugar
1 1/2 teaspoons cinnamon
1/4 teaspoon ginger
1/4 teaspoon nutmeg

Beat egg white and water until frothy. Stir nuts into mixture to coat, then drain slightly in a colander, 3-4 minutes. Mix sugar and spices in a plastic bag. Add nuts and shake to coat.
Spread wet nut mixture in a single layer on a microwave-safe plate; microwave on high for 1 1/2 minutes, or until mixture is bubbly. Stir.
Microwave another 1 1/2 minutes. Remove; stir to separate. Cool. Store in a sealed container.

Cheesy Artichoke Dip

Here's an easy, lower-fat version of warm artichoke-cheese dip. In new research, artichoke hearts tested surprisingly high in antioxidant activity -- even more per cup than strawberries. Garlic and chives are high in antioxidants, too, and fat-free cottage cheese helps keep the fat and calorie counts down.

2 (8 ounce) packages frozen artichoke hearts
1 1/2 cups fat-free cottage cheese
4 ounces herbed goat cheese (chevre)
4 teaspoons Dijon mustard
3 tablespoons fresh lemon juice
2 garlic cloves, crushed
1 tablespoon Worcestershire sauce
1/3 cup light mayonnaise
1/3 cup fat-free half-and-half
1 cup chopped chives
Salt and pepper, to taste
1/4 cup grated Parmesan cheese

Preheat oven to 350 degrees.
Cook artichokes according to package directions; chop roughly. Set aside.
In a food processor, mix all ingredients except artichokes and Parmesan cheese until smooth.
Stir in artichokes. Pour mixture into a 9-inch baking dish. Sprinkle with Parmesan.
Bake for 30 minutes. If top hasn't browned, put under broiler.
Let sit for 15 minutes before serving (it may be watery when first removed from the oven). Serve with toasted whole-wheat pita chips.

High-Protein Torte

1 (19 ounce) can chickpeas (garbanzo beans), rinsed
4 eggs
1 (15 ounce) can pumpkin
1 cup Splenda (or sugar)
2 tablespoons maple sugar
1/2 teaspoon baking powder
2 teaspoons pumpkin pie spice
6 ounces whipped cream cheese
2 cups powdered sugar
1 (11 ounce) can mandarin oranges, drained
1/4 cup walnut halves

Preheat oven to 350 degrees. In a blender or food processor, combine chickpeas and eggs until smooth. Add pumpkin, Splenda, syrup, baking powder and spice; process again until smooth.
Spray a round cake pan with oil. Fill with batter. Bake until a knife inserted in the middle comes out clean, about 60 minutes. Cool. (Be sure the cake is completely cool before removing it from the pan, because it is very soft.)
Combine cream cheese and powdered sugar. Spread over top and sides of cake. Decorate with mandarin oranges and walnuts.

Fruity Couscous Salad

To boost flavor and nutrition, prepare the whole-grain couscous with orange juice instead of water.

1 1/3 cups dry couscous
2/3 cup slivered almonds
1/2 cup packed dried apricots, chopped
2/3 cup Craisins (sweetened, dried cranberries) or raisins, microwaved in
1 cup water for 1 minute
1 teaspoon cumin
3 scallions, thinly sliced with greens
1 pinch Salt and freshly ground black pepper, to taste

Prepare couscous according to package directions. Combine all ingredients; toss. Serve at room temperature or chilled.

We make it easy!

Why should you expect anything less?

At Terry Ortynsky Dealerships, we're committed to giving you world class service.

To us, making it easy for you is something we work at continuously. We make it easy!

Ми завжди готові допомогти Вам. Ми зробимо для Вас процес придбання авта легкимч зручним і приємним.

Terry Ortynsky KIA
930 Nairn Avenue
Winnipeg MB
204-663-3542
kialtd@mts.net

Terry Ortynsky Nissan
980 Nairn Avenue
Winnipeg MB
204-669-0791
sales@ortynskynissan.ca

ROYAL Ford Lincoln
Box 176-117 Broadway St E
Yorkton SK
306-782-2261
royal1@sk.sympatico.ca

Michael Rusnak*

CLARICA
A Sun Life Financial Company

Rusnak Insurance Inc.

1 Broadway Street East
Yorkton SK S3N 0K2

Bus 306 782-2514
Fax 306 782-4585

Associated with Clarica Financial Services Inc. and *Clarica Investco Inc., a Mutual Fund Dealer

Dr. Bernie W. Trischuk

IMPLANTS • COSMETIC • FAMILY DENTIST

• Crowns • Bridgework • Inlays • Onlays • Cosmetic Veneers • Root Canals • Orthodontic Services • Hospital Dentistry • Single Appointment Crowns • Zoom Whitening

Phone: (306) 782-1224

520-C Broadway Street West • Yorkton, Sask. S3N 0P3

WEST ARKA

Fine gifts...Authentic Ukrainian handicrafts... Art, books, CDs, ceramics...Embroidered goods and supplies... Gold jewellery, icons, magazines,newspapers... Pysanky and supplies... All services to Ukraine, Mail-orders

2282 Bloor Street West
Toronto, Ontario, Canada
M6S 1N9
Tel: 416-762-8751
Fax: 416-767-6839
www.westarka.com

Andrew R. Chorny, Manager
andrew@westarka.com

BIRCHWOOD REALTY SERVICES INC.

DORIS-ANN MASNYK

REAL ESTATE BROKER/OWNER
APPRAISER (MVA RES)

TORONTO
416-520-5290

MISSISSAUGA
905-275-2759

Selling.....Purchasing.....Renting
12 Years Experience......Knowledgeable......Friendly

MEMBER, TORONTO & MISSISSAUGA R.E. BOARDS
BOARD MEMBER, ST. VLADIMIR INSTITUTE

No matter what vehicle you drive, your safety is vital.
Here at Key Chev we are looking out for you.

Key Chev employees are committed to assisting you in finding the perfect vehicle that meets your lifestyle and needs. In addition to our full range of GM approved cars, trucks and SUVs we also offer,

- Automotive financing
- A large service department with GM trained technicians
- A Body Shop complete with a full range GM Authorized performance and collision parts

1-888-235-2621

(306) 782-2268

441 Broadway East, Yorkton

(One block east of the Mall)

Hours of Operation: Monday - Saturday, 8am to 6pm

The People You Trust

KEY

Chevrolet Cadillac Ltd.

www.keychev.com

SMITH MONUMENT
COMPANY LTD.

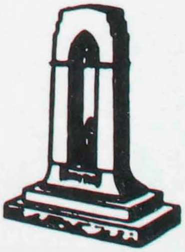
ANDREW LATYSHKO

PRESIDENT

BUS: (416) 769-0674
FAX: (416) 769-5677
TOLL FREE: 1-888-836-7771

349 WESTON ROAD
TORONTO, ONTARIO M6N 3P7

A FAMILY
BUSINESS
SINCE 1919



SHEVCHENKO FOUNDATION

THE UKRAINIAN CANADIAN FOUNDATION OF TARAS SHEVCHENKO

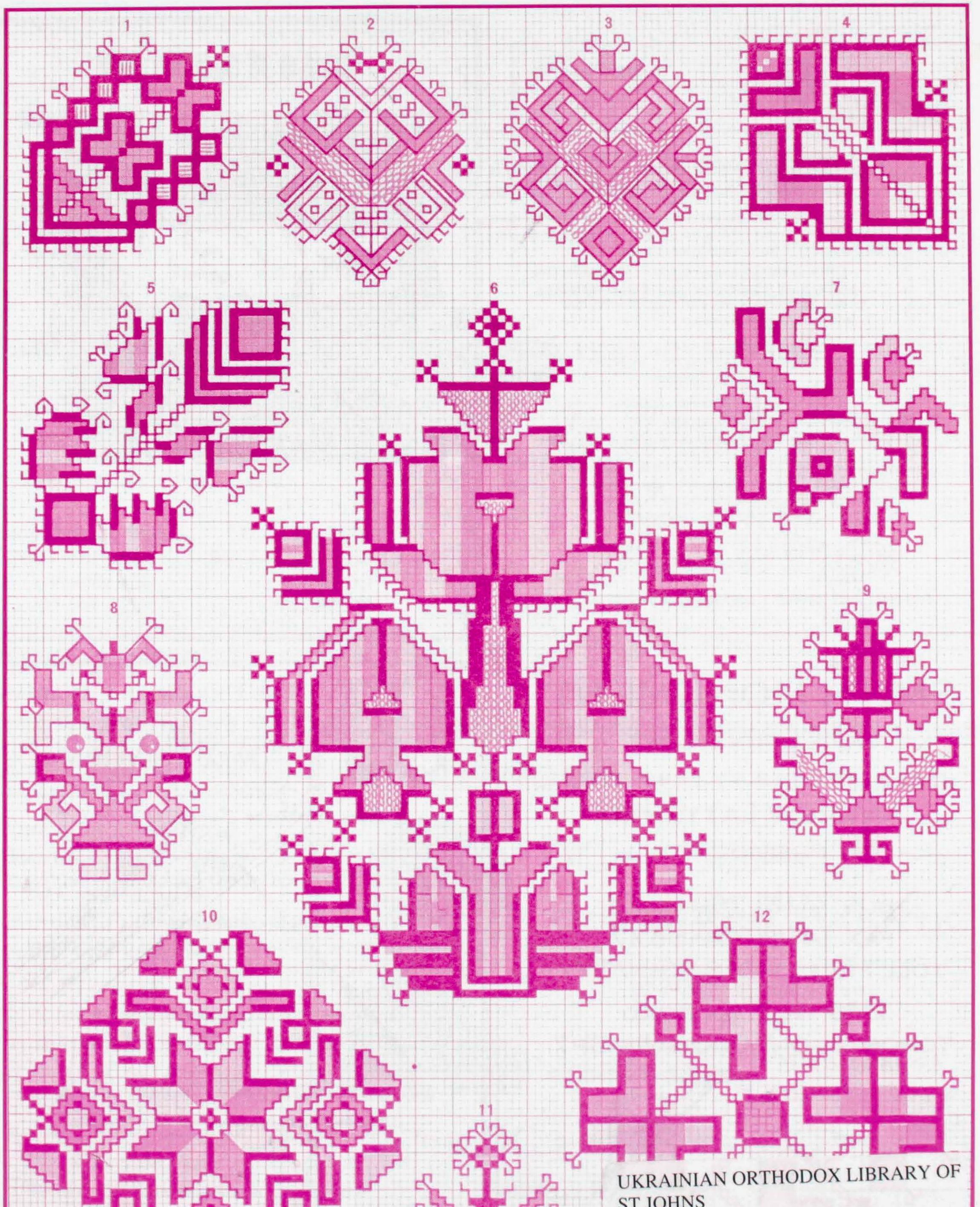
Helping Ukrainian Canadians since 1963

What does the SHEVCHENKO FOUNDATION represent?

- commitment to community
- financial assistance for cultural development
- sound administrative management
- security and stability
- an investment in community growth
- a lasting legacy for future generations

Support the Shevchenko Foundation so it can continue supporting our community!

www.shevchenkofoundation.com
or contact
Ukrainian Canadian Foundation of Taras Shevchenko
202-952 Main Street Winnipeg, Manitoba
R2W 3P4 Tel 1-866-524-5314



UKRAINIAN ORTHODOX LIBRARY OF
ST JOHNS
10611-110 AVE
EDMONTON, AB
T5H 1H7 1-Dec-2006

PM40011733 R09580
Return Undeliverable Canadian Addresses to:
PROMIN
Box 57268, Jackson Station
Hamilton, Ontario,
Canada L8P 4X1